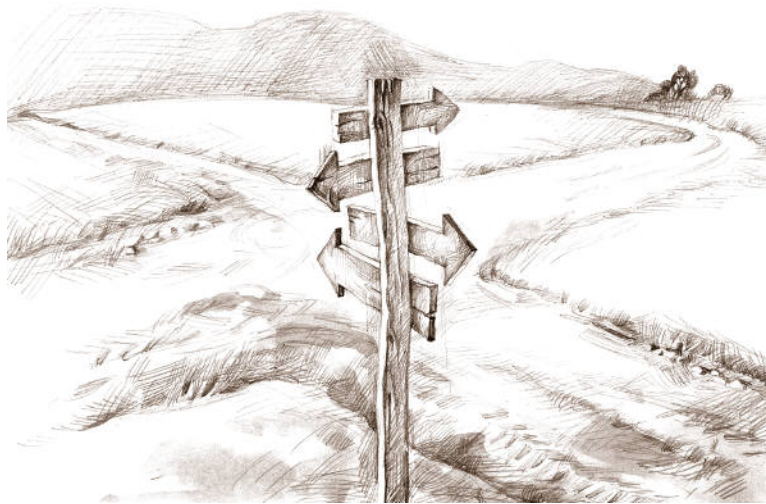


A

Guide to

Community Resources

For Children and Families



Burke County

January 25, 2012

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ACCESS (intake and referral for mental health services)
 Blue Ridge Community Action
 Burke County Department of Social Services (Intake Services)
 Burke County United Way
 Centro Latino
 Child Care Connections (day care and parenting programs)
 Department of Juvenile Justice Delinquency Prevention (Intake Counselor)
 Exceptional Children's Assistance Center (ECAC)
 (The) Family Caregiver Program
 Family, Infant, and Preschool Services
 HOPE Parent / Family Resource Center
 Lawyer Referral Service
 Military OneSource (service members and their families)
 Morganton Regional Resource Center for the Deaf and Hard of Hearing
 National Dissemination Center for Children with Disabilities (website)
 NC Care Link (website)
 NC Health Care Help (website)

Camps (special populations)

About Face Boot Camp, Inc.
 American Diabetes Association Camp Carolina Trails
 Asthma Camps of North Carolina (website)
 Camp Lakey Gap
 Camp Royall
 Camp WeCanDo
 Operation Purple (military families)

Child Care Services

Blue Ridge Community Action
 Burke County Department of Social Services (child care subsidy)
 Child Care Connections
 Family, Infant, and Preschool Services

Counseling Services **also refer to Mental Health Outpatient Providers and <http://www.mentalhealthpartners.org/PProvidersList.asp>*

A Caring Alternative
 Alexander Youth Network
 Alternate Solutions (mediation services)
 Archway Counseling (substance abuse)
 Arrowood Counseling and Consulting, Inc.
 Barium Springs Home for Children (in-home family preservation and reunification services)
 Burke Council on Alcoholism and Chemical Dependency
 Catawba Valley Behavioral HealthCare
 Child Custody Mediation Program (court-ordered mediation)
 Center of Excellence in Evidence-Based Practice (Stepping Stones)
 (The) Cognitive Connection (substance abuse)
 Conflict Resolution Center (mediation)
 Family Guidance Center (Catawba County)
 FOCUS Behavioral Health Services, LLC
 Hospice of Burke County (grief and bereavement counseling)
 Just Girls – Repay, Inc.
 LifeWorks Counseling Practice
 Mimosa Christian Counseling Center (Christian counseling)
 (The) National Suicide Prevention Lifeline

Counseling Services *(continued...)*

New Directions Counseling Services
 North Carolina National Grant – Veteran Focus
 Options (victims assistance)
 (The) Outreach Center
 Presbyterian Behavioral Health Services
 Rape Crisis Center of Catawba County
 Repay, Inc. Sexual Abuse Intervention Service (SAIS)
 Universal Mental Health/Developmental Disabilities/Substance Abuse Services
 Youth Villages (MST)

Educational Services

Blue Ridge Community Action (Head Start)
 Burke County Literary Council
 Burke County Public Schools ELL (English Language Learners) office
 Centro Latino
 College Foundation of North Carolina
 Gaston Chapel AME Church Tutoring Program
 Greene's Learning Center
 HOPE Parent / Family Resource Center
 Oak Ridge Baptist Church (GED program)
 (The) Outreach Center (GED program)
 Sylvan Learning Center
 Workforce Investment Act (WIA) Youth Services Program

Financial Assistance***Basic Needs***

American Red Cross
 Assurance Wireless
 Blue Ridge Community Action
 Burke County Department of Social Services
 Burke Pregnancy Care Center (infant and maternity)
 Burke United Christian Ministries
 Catawba River Baptist Association
 Centro Latino
 Consumer Credit Counseling Services (Family Guidance Center)
 Cup of Cheer (referral by School Counselor only)
 East Burke Christian Ministries
 Foothills Thrift Store
 House of Refuge
 McDowell Mission Ministry
 North Carolina Association of Educators
 Oak Ridge Baptist Church
 Olive Hill Community Economic Development Corporation, Inc.
 Outreach Center
 SafeLink Wireless
 Salvation Army
 Social Security Administration

Clothing Only

First Baptist Church of Drexel
 First Baptist Church of Valdese – Twice Blessed

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 East Burke Christian Ministries
 First Baptist Church of Drexel
 First United Methodist Church of Valdese (soup kitchen)
 Outreach Center
 Waldensian Presbyterian Church (food pantry)

Medical Only

Compassionate Hearts Clinic
 Free Medicine Foundation
 Good Samaritan Clinic
 Humanitarian Foundation Grottoes of North Carolina
 Lions Club (vision care)
 Med Tipster
 NC Health Care Help (see website)
 Needy Meds (see website)
 North Carolina Health Choice for Children (health insurance)
 Partnership for Prescription Assistance
 Prevent Blindness North Carolina
 Rx Assist Patient Assistance Program Center
 Together Rx Access
 Vision USA

Housing

Blue Ridge Community Action (weatherization)
 Burke United Christian Ministries (Homelessness Prevention/Rapid Rehousing)
 Burke Women's Shelter
 Foothills Service project (home repairs)
 Habitat for Humanity of Burke County
 Hope Hotline (foreclosure counseling)
 House of Refuge (crisis assistance for homeless men)
 McDowell Mission Ministry (homeless shelters)
 (The) Meeting Place (homeless men)
 Morganton Housing Authority
 NC Housing Search (see website)
 Olive Hill Community Economic Development Corporation, Inc.
 Options (shelter for battered women)
 ReStart
 Salvation Army (Catawba County)
 Valdese Housing Authority
 Western Piedmont Council of Governments Rental Assistance Program
 Youth Villages (transitional housing for youth)

Juvenile Justice

Burke County Sheriff's Office (Juvenile Division)
 Department of Juvenile Justice Delinquency Prevention
 Eckerd
 Project Challenge

Medical Services

AccessCare
 Burke County Health Department and Dental Clinic
 Carolina Children's Communicative Disorders Program
 Catawba Valley Community College Dental Hygiene Clinic
 Compassionate Hearts Clinic
 Frye Regional Medical Center – South Campus (hospitalization)
 Good Samaritan Clinic
 Muscular Dystrophy Association
 Presbyterian Behavioral Health Services (hospitalization)

Mentor Programs

Big Brothers/Big Sisters
 Building Your Future
 Burke County 4-H
 Special Teens

Military Supports

Military OneSource
 North Carolina National Guard – VETERAN FOCUS
 Operation Purple

Resource Directories

ACCESS (mental health providers)
 Burke County Health Department (*see Websites*)
 Burke County United Way
 Directory of Services for Children with Special Needs
 Mental Health Partners <http://www.mentalhealthpartners.org/PProvidersList.asp>
 NCcareLINK
 North Carolina 2-1-1

Specialized Services

AccessCare (Medicaid Case Management)
 ALFA (AIDS Leadership Foothills Area Alliance)
 Autism Society of North Carolina
 Burke Council on Alcoholism – Chemical Dependency
 Burke County Health Department Child Care Health Consultant
 Burke County Health Department Teen Parenting Program
 Burke County Public Schools ELL (English Language Learners) office
 Burke Narcotics Task Force
 Burke Pregnancy Care Center
 Center of Excellence in Evidence-Based Practice (Trauma-Focused Cognitive Behavioral Therapy)
 Centro Latino
 Child Advocacy Center
 Children’s Developmental Services Agency (CDSA)
 Children’s Home Society of NC
 Circle of Grandparents Support Group
 Exceptional Equestrians Therapeutic Riding Program
 Family Connections
 Family, Infant, and Preschool Program (FIPP)
 FUTuRES (parent education)
 Guardian Ad Litem Program
 Hospice of Burke County
 Legal Aid of North Carolina
 Make-A-Wish Foundation
 March of Dimes Foundation
 Military OneSource
 Morganton Regional Resource Center for the Deaf and Hard of Hearing
 Muscular Dystrophy Association
 North Carolina Child Service Coordination
 North Carolina Tobacco Use Quitline
 Pediatric Therapy Connections
 Repay, Inc. Sexual Abuse Intervention Service (SAIS)
 ResCare Home Care
 Smoky Mountain Area Deaf Services
 Social Security Administration
 TEACCH
 Youth Villages

Teen Parenting

B.A.B.Y. Program (See Burke County Health Department)
 Barium Springs Home for Children (Catawba Valley Healthy Families)
 Burke County Health Department Teen Parenting Program
 Burke Pregnancy Care Center
 Family Connections TEEN Components

Therapeutic Placements *also refer to <http://www.mentalhealthpartners.org/PProvidersList.asp>

Alexander Youth Network
 Barium Springs Home for Children
 Eckerd
 FOCUS Behavioral Health, LLC
 Frye Regional Medical Center – South Campus
 Grace Center for Behavioral Medicine (psychiatric hospitalization)
 Hand In Hand for Youth (day treatment for adolescents)
 Job Corps
 Lifegains, Inc.

Therapeutic Placements *also refer to <http://www.mentalhealthpartners.org/PProvidersList.asp> (continued...)

Oak Ranch
Old Vineyard Youth Services
Phoenix Group Homes - Caring for Children, Inc.
ReStart (Substance Abuse)
Tarheel Challenge Academy Youth Program
Three Springs of North Carolina
Timber Ridge Treatment Center, Inc.
(The) Tyndall Center for Early Childhood (preschool day treatment)
Youth Focus, Inc. – Adolescent Substance Abuse Program

Transportation

Corporate Angel Network (air transportation for cancer patients)
Greenway Public Transportation
Handi-Care Transportation
McDowell Mission Ministry
Work and Ride Program (Burke United Christian Ministries)

◆ **A Caring Alternative**

617 S. Green Street
Morganton, NC 28655

Phone: 828-430-4388/828-437-3000

Website: www.caringalternative.com

Services: Provides psychosocial assessments; community support services for adults, children and adolescents with mental health needs; outpatient therapy for adults, children, and families; intensive in-home services – therapy, behavior modification, medication management, and case management to families when there is imminent risk of out-of-home placement for one or more children in the home; targeted case management; ACT teams; and CAP MR/DD case management services.

◆ **About Face**

5786 New Way Home Road
Connelly Springs, NC 28612

Phone: 828-244-1872

Website: www.aboutfacebootcamp.com

Services: To instill self-control, self-confidence, and to build self-esteem through a regimented para-military system, this provides the opportunity for the students to develop positive, responsible behavior. It is a privately owned program for the general public. About Face Website provides pricing and online registration.

◆ **ACCESS (Mental Health Partners)**

Phone: 1-877-327-2593; TDD/Hearing Impaired 828-325-4698

Website: www.mentalhealthpartners.org

Services: Provides free initial telephone screening for individuals seeking services in emergency situations. Schedules appointments or provides referral to community mental health, developmental disabilities and substance abuse services. Medicaid, Medicare, insurance or other financial coverage will be considered in the provider choices given. ACCESS is available 24/7, holidays included. Serves Burke and Catawba Counties.

◆ **AccessCare, Inc.**

407-C East Union Street
Morganton, NC 28655

Phone: 828-433-1955 (Julie Causby); 828-438-8211 (Jan Moseley); 828-855-5967 (Stephanie Etheridge)

Fax: 828-433-1875

Website: www.ncaccesscare.org

Services: Medicaid Case Management Services

◆ **ALFA (AIDS Leadership Foothills Area Alliance)**

1120 Fairgrove Church Road
Hickory, NC 28602

Phone: 1-800-473-1447 (toll-free)/828-322-1447

Website: www.alfainfo.org

Services: Educates community about HIV/AIDS and related issues, assists in AIDS prevention efforts to those diagnosed as HIV positive, provides support services to those infected or affected through case management, and emergency financial assistance to those who are HIV positive.

◆ **Alexander Youth Network**

116 South Sterling Street
Suite 206
Morganton, NC 28655

336 Lenoir Rhyne Blvd.
Suite 1
Hickory, NC 28602

Phone: 828-433-9900 (Morganton); 828-322-3988 (Hickory)

Website: www.alexanderyouthnetwork.org

Services: Provides a comprehensive array of services developed to treat children with, or at risk for, serious emotional disturbance. Services include diagnostic assessment; outpatient therapy; therapeutic, specialized, and intensive foster care; multi-dimensional treatment foster care; and intensive in-home services.

◆ **Alternate Solutions**

Phone: 828-448-2514 (Tammy Willcox)

Services: Provides conflict management services including mediations, facilitations, strategic planning, communication coaching, educational seminars, community dialogues and progressive management consultations in Burke and Catawba Counties. There is fee for service; sliding fee scale is available.

◆ **American Diabetes Association Camp Carolina Trails**

2418 Blue Ridge Road Ste. 206
Raleigh, NC 27607

Phone: 919-743-5400 ext. 3217 (Justin Thomas)

Website: www.childrenwithdiabetes.com

Services: Offers one week of summer camp each year for boys and girls with diabetes ages 9–17 years. Campers are housed in cabins with adult chaperones. Experienced personnel, including medical and dietary staff, as well as camp counselors, supervise all camp activities.

◆ **American Red Cross – Burke County Chapter**

305-A West Union Street (Burke Mission Station)
Morganton, NC 28655

Phone: 828-438-8844; 828-437-1911 (nights, weekends, and holidays)

Website: www.burkecountyredcross.com
www.redcross.org (to register for a health class)

Services: Offers 24-hour disaster and military family emergency service, aid to victims of fire and other disasters, blood donation collections, health classes (CPR, First Aid, and Lifeguard), and disaster preparedness education.

◆ **Archway Counseling**

1131 Malcolm Blvd.
Rutherford College, NC 28671

Phone: 828-874-5511

Email: archwaycounseling@embarqmail.com

Services: Provides substance abuse assessments and individual, group, and family counseling for adults and adolescents; accepts Medicaid and most insurance plans. Archway is credentialed to provide specialized assessments for DOT and DMV related matters such as DWI charges. Archway Counseling is available to provide community education related to substance abuse issues.

- ◆ **Arrowood Counseling and Consulting, Inc.**
404 C. West Fleming Drive (Tannery Square)
Morganton, NC 28655

Phone: 828-437-7009
Services: Specializes in child, adolescent, and family therapy, and blended family issues. Referrals to a Child Psychiatrist for medical evaluations can be arranged as needed. Saturday and evening appointments are available.

- ◆ **Assurance Wireless**

Phone: 1-888-898-4888
Website: www.assurancewireless.com
Services: FREE wireless phone and 250 FREE minutes of wireless services within a nationwide coverage area, if you participate in any of the following: Medicaid, Food Stamps, SSI, Temporary Assistance for Needy Families (TANF), Section 8 housing, Low Income Energy Assistance Program, National School Lunch Program's Free Lunch Program; OR, your household income is at or below 135% of the federal poverty guidelines.

- ◆ **Autism Society of North Carolina**

Phone: 1-800-442-2762
Website: www.autismsociety-nc.org
Services: Operates residential summer camp for persons with autism. Provides job-coach services, information and referrals statewide, support to parents and families through one-on-one parent advocacy and workshops, and public education through workshops, conferences, clinical training, printed materials, and the media.

- ◆ **Barium Springs Home for Children**
203 Avery Avenue
Morganton, NC 28655

Phone: 828-433-7176/828-433-7187
Website: www.rainbowcenterforchildren.org
Services: Provides a continuum of programs for children and their families: intensive in-home visitation for first-time parents; intensive in-home family preservation for children at risk of being removed from their homes; in-home reunification for children returning to their homes; specialized & therapeutic foster care.

- ◆ **Big Brothers/Big Sisters of Western North Carolina**
P.O. Box 663
Morganton, NC 28680

Phone: 828-430-8357 (Morganton Branch Office) or 828-253-1470 (Asheville Main Office)
Fax: 828-430-8356
E-mail: burke@bbbswnc.org
Website: www.bbbswnc.org
Services: Enrolls children ages 6-14 years old (once enrolled can be served until 18), primarily from single parent families who are in need of an adult friend and/or role model. There are no fees for the service. Both the parent and the child must want a mentor and have a say in the match between child and mentor. Community-based mentors are 18 or older, with transportation; they commit to spending quality one-one-one time with their "Little" twice a month, for a minimum of one year. School-based mentors are 16 or older, with transportation and commit to going to the student's school for one hour each week during the school day. Office hours are Monday, Wednesday, and Friday 9:30 a.m. to 2:30 p.m.

◆ **Blue Ridge Community Action**

800 North Green Street
Morganton, NC 28655

Phone: 828-438-6255

Website: <http://brcainc.org>

Services: Programs include adult day care, child day care, Head Start, information and referral, rental units, and weatherization. Blue Ridge Community Action's mission statement, "Helping People to Help Themselves in Partnership With the Community," is realized by providing services, advocacy, and support for persons so they can become self-sufficient, improve the quality of their lives, and better provide opportunities for their families.

◆ **Building Your Future**

737 12th Street SW
Hickory, NC 28602

Phone: 828-322-8555

Services: Offers youth-centered activities that are fun, productive, and capable of helping young people reach their full potential in life. Serves Caldwell, Catawba, Burke and Alexander Counties.

◆ **Burke Council on Alcoholism and Chemical Dependency**

203 White Street
Morganton, NC 28655

Phone: 828-433-1221

Website: <http://bcacd.org>

Services: Purpose is to alleviate the suffering and improve the lives of those directly affected by alcohol and chemical dependency. Services include information and referral center on alcohol and drug issues, telephone crisis counseling, individual, family and/or group counseling, after-care, follow-up and monitoring, Student Assistance Program in middle and high schools, Adolescent Outpatient Substance Abuse Treatment for youth ages 12-17, School Intervention Program (SCIP), DWI evaluations, and court-ordered assessments.

◆ **Burke County 4-H**

Cooperative Extension Service
130 Ammons Drive; Suite 2
Morganton, NC 28655

Phone: 828-439-4460

Fax: 828-439-4468

Website: <http://burke.ces.ncsu.edu/index.php?page=youth4h>

Services: Through 4-H, young people in North Carolina learn new skills and serve their communities each year. 4-H offers clubs, special interest programs, summer camps, school enrichment. Guided by North Carolina Cooperative Extension educators and adult and teen volunteers, 4-H'ers gain knowledge, skills and experience that help them become responsible citizens and leaders. Offers summer fun, school enrichment and community clubs for boys and girls ages 5-19.

◆ **Burke County Department of Social Services**

700 East Parker Road (Human Resource Center)
Morganton, NC 28655

Phone: 828-439-2000/828-439-2003 **CPS Hot-Line No:** 828-439-2009

Website: <http://co.burke.nc.us> (select 'Social Services')

Services: Work First, Food Stamps, Medicaid, Emergency and General Assistance, Child Protective Services, Child Day Care, Child Support Enforcement, Foster Care, Adoption, CAP/DA, and Adult Protective Services.

◆ **Burke County Health Department**

700 East Parker Road (Human Resource Center)
Morganton, NC 28655

Phone: 828-439-4400

Website: <http://co.burke.nc.us> (select "Health")

Services: Includes General Immunization Clinic, Family Planning Clinic, Pregnancy Testing, Maternity Clinic, HIV Testing, Testing and Treatment for other Sexually Transmitted Diseases, Pregnancy Medical Home (PMH) Program, B.A.B.Y. (Babies Among Bright Youth) Program, WIC (Women, Infants and Children), Care Coordination for Children (CC4C), and Community Preparedness. Environmental services include restaurant inspection, on-site private water and sewage systems, and other regulatory functions.

○ **Burke County Health Department Child Care Health Consultant**

700 East Parker Road (Human Resource Center)
Morganton, NC 28655

Contact: Anna Watkins, Child Care Consultant

Email: awatkins@co.burke.nc.us

Phone: 828-439-2369

Website: <http://co.burke.nc.us> (select "Health")

Services: Provides on and off site consultation/training to childcare programs. Conducts Annual Child Care Immunization Report audits and provides delinquent notices. Provides information on accessing preventive and/or primary health services. Conducts training for child care staff which may include, but is not limited to, the following curriculums: Emergency Preparedness and Response for Child Care, Sanitation, Oral Health and Young Children, Poisoning Prevention, Preventing Injury: Home Safety, Stress Management for Child Caregivers, Sun Safety in Early Child Care and Education Programs, and Infant/Toddler Safe Sleep & SIDS Risk Reduction In Child Care.

○ **Burke County Health Department Teen Parenting Program**

700 East Parker Road (Human Resource Center)
Morganton, NC 28655

Phone: 828-448-3210

Website: <http://co.burke.nc.us> (select "Health"; "Health Education"; "Adolescent Parenting Program")

Services: Provides free individual case management and group support to teen girls who are 19 or younger, are expecting a first pregnancy or are first-time parents. Participants should reside in or near Burke County, and must be enrolled or commit to enrolling in a school program (public, GED or on-line based). Participants will delay a second pregnancy, complete high school and learn parenting skills. In addition, participants will have access to a baby store and other needed resources.

○ **Burke County Literacy Council**

300 North Green Street Ste. 204
Morganton, NC 28655

Phone: 828-437-7477

Website: <http://www.burkeliteracy.org>

Services: Provides free and confidential tutoring to teach Burke County citizens to read and/or improve their literacy skills. Recruits and trains volunteer tutors, provides books and a place to study. Project Flower helps immigrants learn to read, write, and speak English – transportation is provided and childcare for age's birth to 5 years is available for Project Flower participants. Project Citizenship helps immigrants prepare for and pass the Immigration and Naturalization (INS) examination. Mother Read/Father Read program teaches the "why" and "how" of reading.

◆ **Burke County Public Schools ELL (English Language Learners) Program**

Contact: Lannie Simpson, Program Coordinator
Email: hsimpson@burke.k12.nc.us
Phone: 828-430-3613, ext. 2805
Services: Provide translation and interpreting services for parent-teacher conferences and/or meetings with parents. May refer community agencies to interpreter resources for communication with non-English speaking families.

◆ **Burke County United Way**

301 East Meeting Street
 Morganton, NC 28655

Phone: 828-433-0681
Website: www.bcuw.org
Services: Offers information and referral to the human and health services available in Burke County and to crisis lines outside of Burke County.

◆ **Burke Narcotics Task Force**

150 Government Drive
 Morganton, NC 28655

Phone: 828-430-4221
Email: bcntf@burkesheriff.org
Website: www.burkesheriff.org/ntf.htm
Services: Investigates reports of alleged illegal drug activity in the community.

◆ **Burke Pregnancy Care Center**

501 East Union Street
 Morganton, NC 28655

Phone: 828-437-4357/1-800-395-4357 (help line)
Website: <http://burkepregnancycare.com>
Services: Designed to offer guidance and compassionate Christian support to women and girls who are experiencing untimely pregnancies. Services include pregnancy testing, ultrasounds (if qualified), counseling, free maternity and infant clothing, baby equipment and supplies, a resource library, and referrals to doctors/community resources as needed.

◆ **Burke United Christian Ministries**

305-B West Union Street (Burke Mission Station)
 Morganton, NC 28655

Phone: 828-433-8075
Email: info@bucm.net
Website: <http://bucm.net>
Services: Provides a community soup kitchen (11:15 a.m. -12:30 p.m. 7 days/week; Tuesday and Thursday, 5:00 p.m. – 6:00 p.m.), assistance to the needy, transients, and those in crisis with clothing, food and financial aid. 24-hour on-call assistance is also available. Offers a work and ride program which matches donated vehicles to families who meet low-income criteria. The center is open to the public: 9:00 a.m. – noon; 12:30 p.m. - 4:00 p.m. Monday, Tuesday, Thursday and Friday. 9:00 a.m. – noon on Wednesday. BUCM is on call 24 hours daily to respond to emergencies. Serves Burke County residents living west of Mineral Springs Mountain Road. The Homelessness Prevention and Rapid ReHousing program is also housed here; Burke County Case Manager is Pam Hoppes.

◆ **Burke Women's Shelter (The Meeting Place)**

208 White Street
Morganton, NC 28655

Phone: 828-439-3625

Email: meetingplacemarks@gmail.com

Services: Emergency shelter for women and young children, served on a first come first serve basis. Check in is between 5:00 and 7:00 p.m. daily. Check out is by 8:00 p.m. daily.

◆ **Camp Lakey Gap**

Christmount Assembly
222 Fern Way
Black Mountain, NC 28711

Phone: 828-669-8977

Fax: 828-669-6301

Email: elsa.berndt@yahoo.com

Website: www.christmount.org/camplakeygap

Services: A camp for youth ages 4-17 and adults 18 and over with Autism where campers work on self-esteem and social skills during a week-long summer camp in June or July. Registration is required by March and financial assistance is available.

◆ **Camp Royall**

250 Bill Ash Road
Moncure, NC 27559

Phone: 919-542-1033

Website: www.camproyall.org

Services: A camp specialized for youth with Autism with year-round activities including summer camps from June-August, mini-camp weekends throughout the school year, family fun days and family camping weekends throughout the school year, and winter day camp during the school winter break. Registration for summer camp is open during January and financial assistance is available.

◆ **Camp WeCanDo**

Phone: 1-800-377-9251/828-213-1751

Website: www.missionhospitals.org/camp

Services: Located in the scenic Blue Ridge Mountains near Hendersonville, North Carolina, Camp WeCanDo allows campers with Type I and Type II diabetes to participate in a variety of fun, outdoor activities during one week of camp each summer. In the process, they learn more about managing their diabetes—everything from testing blood sugar and administering insulin to choosing healthy snacks and getting daily exercise. Financial assistance is available for families unable to pay all or part of camp fees.

◆ **Carolina Children's Communicative Disorders Program**

UNC-Chapel Hill, NC / CCCDP Program
5501 Fortunes Ridge Dr.; Ste. R
Durham, NC 27713

Phone: 919-419-1449

Website: <http://www.med.unc.edu/earandhearing/pedsprogs/cccdpgrant>

Services: Supplies communication devices, as well as UNC physician, audiological, and speech services for qualifying children with hearing and other communication disorders. Must be North Carolina residents under the age of 21. Acceptance is based on family size, income, other medical expenses, and the limitations of insurance and other resources such as Medicaid.

◆ **Catawba River Baptist Association (Kids Helping Kids)**

Contact: Kay Mac Vicar
Phone: 828-584-0822 (home); 732-423-9994 (cell)
Email: kayandtedmac@bellsouth.net
Services: Coordinates assistance from local churches in meeting the needs of individual students for clothing, shoes, and/or basic school supplies.

◆ **Catawba Valley Behavioral HealthCare (Burke County)**

350 E. Parker Road, Suite 100
 Morganton, NC 28655

Phone: 828-438-6226
Website: www.cvbh.org
Services: Provides adult and child mental health services. Includes adolescent group counseling, individual and family counseling, community support, and medication management for children and adults.

◆ **Catawba Valley Community College Dental Hygiene Clinic**

Phone: 828-327-7000 ext. 4162
Website: http://www.cvcc.edu/Health_Services/Dental_Hygiene/ClinicalServices.cfm
Services: Offers dental screenings and cleaning, sealants, fluoride treatments, exams of the mouth, head, and neck region, and x-rays by appointment only. Clinic is open Tuesdays and Thursdays, 9:00 a.m. – noon, 1-4:00 p.m. Fee schedule available on website. Accepts cash or check only for payment; does not file insurance claims, but provides receipts for patients to file claims. Missed appointments are rescheduled at the discretion of the clinic.

◆ **Center of Excellence in Evidence-Based Practice (Stepping Stones)**

406 South Green Street
 Morganton, NC 28655

Phone: 828-432-9885
Email: centerforadvancedpractice@gmail.com
Services: Offers trauma assessments and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for children ages 3 – 18 and their non-offending parents/caregivers. Accepts Medicaid, insurance and has some grant funding for families in need.

◆ **Centro Latino**

737 12th Street Southwest
 Hickory, NC 28602

Phone: 828-441-2493
Email: clientservices@centrolatinohickory.com
Website: <http://centrolatinohickory.com>
Services: Provides health, social and educational services, community building, and advocacy for the Latino community in Catawba County. Services include immigration assistance, adult education, health services and education, services for families and for children and youth, and free ESL classes.

◆ **Child Advocacy Center (*The Gingerbread House*)**

406 South Green Street
 Morganton, NC

Phone: 828-430-9949
Website: <http://www.southmountain.org/gingerbread.html>
Services: Offers a child-friendly environment to children, who have alleged or disclosed sexual and/or physical abuse, for interviews and child medical examinations. Interviews are coordinated jointly with DSS, law enforcement, the District Attorney's office, and the Child Medical examiner. Referrals are initiated through DSS and/or law enforcement.

◆ **Child Care Connections**

304 West Union Street
Morganton, NC

Phone: 828-439-2328

Services: Assists parents of young children in locating childcare and providing them with educational materials about quality care as well as encouraging start-up and improvement of day care centers.

◆ **Child Care Coordination for Children (CC4C)**

Contact: Sarah Moss

Phone: 828-439-4457

Fax: 828-439-2350

Email: smoss@co.burke.nc.us

Services: Offers support to families of children birth – 3 years old who are at risk, are developmentally disabled, have social or emotional needs, or long-term illness. The program is voluntary and free to all eligible children. Services include home visits to discuss the needs of the child and family, information about the child’s development and special needs, and assistance in accessing community services and programs to meet the needs of the child and family.

◆ **Child Custody Mediation Program**

Phone: 828-465-8943

Services: Serves to reduce parental acrimony and re-litigation of child custody or visitation disputes in Burke, Catawba and Caldwell counties. The program accepts court-ordered referrals only and provides a structured confidential nonadversarial setting to facilitate the cooperative resolution of parenting issues by developing a parenting agreement. An orientation session and a private session with the parents to educate the parties on the mediation process are mandatory.

◆ **Children’s Developmental Services Agency (CDSA)**

517-E West Fleming Drive
NCSD Campus – Old Infirmary Building
Morganton, NC 28655

Phone: 828-432-5430

Email: wilson.hamer@dhhs.nc.gov

Website: www.beeearly.nc.gov

Services: Diagnostic clinic for children from birth through 3 years of age. Serving Alexander, Burke, Caldwell, Catawba and McDowell Counties.

◆ **Children’s Home Society of NC**

1603 South Sterling Street
Morganton, NC 28680-1569

Phone: 828-433-7498

Website: www.chsnc.org

Services: Provides a range of services for children including foster care, adoption, therapeutic and post-adoption services, intensive family therapy, and mental health assessments and therapy for children.

◆ **Circle of Grandparents Support Group**

Contact: Lisa Schell, FUTuRES; Burke County Public Schools

Phone: 828-502-9786

E-mail: lschell@burke.k12.nc.us

Services: Provides a safe, relaxed environment for grandparents to share ideas, fears, frustrations, and achievements. Group meets once weekly at Oak Hill Elementary and Hildebran Elementary.

◆ **The Cognitive Connection**

1109 2nd Avenue SW
Hickory, NC

Phone: 828-327-6026/1-877-508-2825 (toll-free)

Services: Offers training and treatment programs designed to help individuals solve problems more effectively, maintain employment, and/or conquer addictions. Services include cognitive behavioral intervention for juveniles and adults, alcohol and drug assessment, regular outpatient alcohol and drug treatment programs, individual alcohol and drug counseling, job development and employment counseling, and GED program for ages 16-21.

◆ **College Foundation of North Carolina**

Phone: 866-866-CFNC (2362)

Website: www.CFNC.org

Services: Offers help to plan, apply, and pay for college. All services are free. Includes links to North Carolina colleges, online applications for college, research careers, set up a tax-free college savings account, and learn about scholarships, grants, and loans.

◆ **Compassionate Hearts Clinic**

7449 Oak Ridge Church Road (located in the back part of the old church building)
Connelly Springs, NC 28612

Phone: 828-874-0891

Email: orbc@oakridgebaptistchurch.net

Website: www.oakridgebaptistchurch.net

Services: Assists uninsured people 18 years of age or older in the community of Oak Ridge Baptist Church in Connelly Springs and Eastern Burke County. The clinic is open the 2nd Monday of every month 3:00 – 6:00 p.m. and offers basic clinical screening for clients with non-emergent, chronic health problems on a short-term basis.

◆ **Conflict Resolution Center**

218-A Main Avenue East
Hildebran, NC 28637

Phone: 828-322-2566

Fax: 828-397-2954

Email: pattiferree@bellsouth.net

Website: www.theconflictresolutioncenter.org

Services: Offers mediation, conflict resolution classes, training, conciliation, consultation, and group facilitation services in Burke, Caldwell, and Catawba Counties.

◆ **Consumer Credit Counseling Services (Family Guidance Center)**

720 E. Union Street (ESC Office)
Morganton, NC 28655

Phone: 828-438-3880/828-322-7161

Services: Offers credit counseling services including financial analysis, budget counseling, debt management, teaching money management skills, basic housing counseling, foreclosure prevention counseling, and bankruptcy counseling. All services are free except for bankruptcy counseling.

◆ **Corporate Angel Network (CAN)**

Phone: 866-328-1313 (patient line)
Email: info@corpangelnetwork.org
Website: <http://www.corpangelnetwork.org/>
Services: Free air transportation for cancer patients traveling to treatment centers.

◆ **Cup of Cheer**

Contact: Charlie Sasser
Phone: 828-413-9005 (cell)/828-437-0843 (home)
E-mail: csasser@compascable.net
Services: Referrals are made through the School Counselor. Provides funds for unmet personal needs of children in our schools.

◆ **Department of Juvenile Justice Delinquency Prevention**

200 Avery Avenue, Ste. 2
 Morganton, NC 28655

Phone: 828-432-2845
Website: www.ncdjdp.org/county_services/burke.html
Services: Information and referral, counseling, and court supervision for undisciplined and delinquent youth.

◆ **East Burke Christian Ministries**

103 3rd Avenue SE
 Hildebran, NC 28637

Phone: 828-397-7074
Hours: Tuesday 9 a.m. - 4 p.m., Wednesday 9 a.m. - 4 p.m., Thursday 9 a.m. - 12 p.m.
Services: Crisis ministry assists people needing emergency aid with food, clothes, and/or financial assistance in the form of power, rent, medicine, gas, and other needs. Serves Eastern Burke County residents living east of Mineral Springs Mountain Road.

◆ **Eckerd**

208 Executive Park
 Asheville, NC 28801

Phone: 828-575-2047
Website: www.eckerd.org
Services: Provides community-based services for children and families. Programs for families include adolescent parenting education, family preservation and support through in-home crisis intervention, and family reunification. Programs for youth include juvenile justice diversion services to maintain youth in their communities, short-term juvenile justice residential treatment, and juvenile justice aftercare service.

◆ **Exceptional Children's Assistance Center (ECAC)**

907 Barra Row, Suites 102/103
 Davidson, NC 28036

Phone: 1-800-962-6817
Email: ecaclibrary@ecacmail.org
Website: www.ncei-eclibrary.org
Services: Houses a large collection of print and video materials that focus on young children with special needs and those who are typically developing, their families, and the recommended practices for serving them. These resources are available for loan to professionals and parents in North Carolina. Is also a parent training and information center offering parents of children with disabilities information, assistance, and workshops on EC law and IEP's.

◆ **Exceptional Equestrians Therapeutic Riding Program**

J. Iverson Riddle Developmental Center
300 Enola Road
Morganton, NC 28655

Phone: 828-433-2291

Services: Uses horses for fun and therapy to promote the physical and emotional well-being of individuals with mental, physical, and emotional disabilities.

◆ **The Family Caregiver Program (WPCOG Area Agency on Aging)**

Phone: 828-485-4256

Website: www.wpcogaaa.org/caregiver.asp

Services: The Family Caregiver Support Program offers information, resources and support for caregivers who are caring for someone over the age of sixty or person with Alzheimer's Disease or a related dementia. The program also serves grandparents age 55+ and other relative caregivers providing care to children under age 18 or adult children with a disability between the ages of 19 and 59.

◆ **Family Connections**

310 Mimosa Avenue
Drexel, NC 28619

Phone: 828-433-7676

Services: Provides a variety of resources to Burke County families with children birth to five years. Personal visits by parent educators trained in the Parents as Teachers model are available to qualified families. A Family Resource Center is available for parent guided play experiences Monday – Friday 8:00 a.m. – 4:30 p.m. Activities include *Friday Fun*, *Motheread* (co-sponsored with Burke Literacy Council), and *Family Night*.

◆ **Family Connections (*Teen components*)**

310 Mimosa Avenue
Drexel, NC 28619

Contact: Diane Jones (serving all high schools and Hallyburton Academy)

Phone: 828-433-7676

Services: A Teen Parents as Teachers Program - Offers FREE services to teen parents who are pregnant or parenting a child up to 5 years old. The program helps build parenting and life skills in teen parents. The program shares child development information, facilitates positive parent-child interaction, promotes preventative health care, and offers home visiting.

◆ **Family Guidance Center (Catawba County)**

17 Hwy. 70 SE
Hickory, NC 28602

Phone: 828-322-1400

Website: www.fgcservices.com

Services: Offers individual and family counseling, credit counseling, and domestic violence services – Mate Abuser Treatment (MAT) program and shelter for battered women. Individual and family counseling services are offered on a sliding-fee scale.

◆ **Family, Infant, and Preschool Program (FIPP)**

300 Enola Road
J. Iverson Riddle Development Center
Morganton, NC 28655

Phone: 828-433-2661

Website: <http://fipp.org>

Services: FIPP is an early intervention and family support program serving preschool age (newborn through age 5) children and their families. FIPP includes more than 30 programs and services to support and strengthen families in ways that enhance their growth and well-being.

◆ **First Baptist Church of Drexel**

200 S. Main Street
Drexel, NC 28619

Phone: 828-437-3351

Email: drexelfbc@att.net

Website: www.drexelfirstbaptist.org

Services: Offers free clothing and a meal to community members in need on the 2nd Sunday of every month starting at 4:30 p.m. You must bring a photo ID and register for the meal at 4:30 p.m. with the meal being served at 5:30 p.m.

◆ **First Baptist Church of Valdese - Twice Blessed (Clothes Closet)**

500 Faet Street
Valdese, NC 28690

Phone: 828-874-2266

Website: <http://www.valdesefirstbaptist.org>

Services: Twice Blessed is the Church's clothing ministry. It is located just inside the door to the church fellowship hall, which is accessed from the parking lot behind the church. The clothes closet offers many different sizes and types of clothing, all at no charge. This ministry is open to the community on Tuesdays and Thursdays from 2:00-4:00 p.m. Donations are accepted for new or gently used clothes.

◆ **First United Methodist Church of Valdese**

217 St. Germain Avenue SE
Valdese, NC 28690

Phone: 828-874-0006

Email: fumcvaldese@embarqmail.com

Website: <http://www.gbgm-umc.org/fumcvaldese>

Services: Houses the Eastern Burke Hygiene Closet - distributes items on the 1st Monday of each month, 5:30 p.m. - 6:30 p.m. Provides Angel Food Yumm, a free community meal for families every 1st and 3rd Monday of each month, 4:30 - 6:00 p.m.

◆ **FOCUS Behavioral Health Services, LLC**

207 Queen St.
Morganton, NC 28655

Phone: 828-439-8191

Services: Offers a complete child/adolescent treatment continuum, including outpatient therapy services (individual, group and family), medication evaluation and management, MH/SA child and adolescent case management, targeted case management, and Intensive In-Home. Provides residential treatment for males up to 17 years old who have been referred for certain types of sexually inappropriate or illegal behaviors; accepts the non-violent child molester, incest offender or sexually reactive youth, but not the violent offender or rapist. Family therapy is an integral part of the residential treatment program. Service facilities are located in Burke, McDowell and Caldwell counties.

◆ **Foothills Service Project**

P.O. Box 86
Rutherford College, NC 28671

Phone: 828-879-8400

Email: office@foothillsserviceproject.org

Website: www.foothillsserviceproject.org

Services: Non-profit Christian home repair ministry to assist elderly and disabled persons in Burke and surrounding counties to make houses dry, safe and warm. Construction assistance includes ramps to make homes handicap accessible.

◆ **Foothills Thrift Store**

259 Main Street
Valdese, NC 28690

123 Main Ave. West
Hildebran, NC 28637

Phone: 828-874-2521 (Valdese)/828-397-2484 (Hildebran)

Website: www.foothillsserviceproject.org/stores.html

Services: Donated thrift store items can be purchased at a 50% discount for families with needs referred by a school or agency.

◆ **Free Medicine Foundation**

Phone: 1-573-996-3333

Website: www.FreeMedicineFoundation.com

Services: Helps people to apply for enrollment in one or more patient assistance programs, in cooperation with the applicant's physician. The majority of these programs provide prescription medication free-of-charge to individuals in need. Requirements to apply for enrollment are: no medical insurance coverage that pays for outpatient prescription drugs, financial hardship due to the high cost of medicine, exhausted all 3rd party insurance and/or aid from Medicaid and social agencies, or family members are paying for the applicant's prescription medication because they can not. There is a \$10 processing fee.

◆ **Frye Regional Medical Center – South Campus**

1 3rd Avenue, NW
Hickory, NC 28601

Phone: 1-800-784-3793/828-328-2226

Website: <http://www.fryemedctr.com>

Services: Provides inpatient crisis stabilization for adults who suffer from emotional, behavioral and addictive difficulties.

◆ **FUTuRES (Families United to Resources and Education through School)**

Contact: Lisa Schell

Email: lschell@burke.k12.nc.us

Phone: 828-502-9786

Services: A prevention and early intervention program designed to prevent abuse and neglect. FUTuRES is a community-based program and engages families in policy and program development decision-making. The philosophy focuses on families, treats families with respect, and builds on family strengths to help solve problems. Services are voluntary and culturally relevant and sensitive. Family home visits are offered for flexibility. Serves all Burke County Elementary schools.

◆ **Gaston Chapel AME Church Tutoring Program**

101 Bouchelle Street
Morganton, NC 28655

Contact: Debra O'Neal
Phone: 828-205-0114
Services: Tutoring is offered to students on Saturdays from 10 a.m. to 12 p.m. in the fellowship hall. Call for an appointment.

◆ **Good Samaritan Clinic**

Burke Mission Station
305-E West Union Street
Morganton, NC 28655

Phone: 828-439-9948
Clinic Hours: Monday – Thursday, 9:00 a.m. – 7:00 p.m.; Friday 9:00 a.m. – 5:00 p.m.
Pharmacy: Monday – Friday, 12:00 a.m. – 2:00 p.m.; Tuesday and Thursday, 6:00 a.m. – 7:00 p.m..
Services: Provides sick care and prescriptions for uninsured Burke County adults. New referrals request services at Burke Mission Station. Applicants need a picture ID and must be at least 18 years old and must have no health insurance and cannot be a military service veteran. Must be an approved patient to receive services. Patients must bring own interpreter if needed.

◆ **Grace Center for Behavioral Medicine**

2201 South Sterling Street
Morganton, NC 28655

Phone: 828-580-2600
Website: <http://www.blueridgehealth.org/behavioral-health.html>
Services: Comprehensive treatment for adults with depression, anxiety, and other mental illnesses.

◆ **Greene's Learning Center**

101-B Carbon City Rd.
Morganton, NC 28655

Phone: 828-413-2143
Email: mrsg@greeneslc.com
Website: <http://greeneslc.com>
Services: Offers tutoring and assistance for elementary students. Works with the child's teachers to individualize a learning plan in the areas the child needs the most help. Call ahead to schedule time.

◆ **Greenway Public Transportation**

Phone: 828-438-0867
Services: Offers public and specialized transportation in Burke County. Hours of operation are Monday – Friday, 8:00 a.m. to 5:00 p.m. Transportation is wheelchair accessible.

◆ **Guardian Ad Litem Program**

200 Avery Avenue, Suite #3
Morganton, NC 28655

Phone: 828-438-5470
Services: Provides trained, independent advocates to represent and promote the best interests of abused, neglected, or dependent children involved in the court system.

◆ **Habitat for Humanity of Burke County**

305 West Union Street (Burke Mission Station)
Morganton, NC 28655

Phone: 828-437-0370/828-437-5306

Website: <http://www.burkehabitat.org>

Services: Serves households with members who live, work, or worship in Burke County. Family's needs include inadequate shelter, inability to secure a conventional market loan, and ineligibility for a bank long-term home mortgage. The family must have a satisfactory credit history, pay a \$500 cash down payment, have the ability to make monthly house payments and pay other debts, and complete 500 hours of sweat equity (250 hours for a single parent).

◆ **Hand In Hand for Youth**

501 E. Concord Street
Morganton, NC 28655

Phone: 828-439-2604

Services: Provides day treatment programs for adolescents ages 11-18 in Burke and McDowell Counties.

◆ **Handi-Care Transportation**

304 South Main Street
Drexel, NC 28619

Phone: 828-437-8429/1-800-435-9251

Email: handicare@handi-care.net

Website: <http://www.handi-careinc.com>

Services: Provides transportation to medical appointments with wheelchair lift equipped vans and other vehicles. Serving the counties of Burke, Catawba, McDowell and Caldwell. Medical transportation for Burke county residents age 60 or older is FREE of charge; there is a charge for the other service counties.

◆ **Hope Hotline**

Phone: 1-888-995-HOPE (8631)

Website: www.ncforeclosurehelp.org

Services: Connects callers with non-profit housing and credit counselors in their local communities who can advise them about options to avoid foreclosure on their home.

◆ **HOPE Parent / Family Resource Center**

300 Enola Road
Morganton, NC 28655

Phone: 828-438-6540 (English/Spanish)/828-433-2825 (Hmong)

Fax: 828-433-2821

Website: <http://www.fsnhope.org/prc.php>

Services: A resource lending library with materials available to teachers, parents and children. Items include computer software, videos, books, professional materials, parent resources and activity kits. Some materials are available in Spanish and Hmong.

◆ **Hospice of Burke County and Palliative Care**

1721 Enon Road
Valdese, NC 28690

Phone: 828-879-1601

Website: <http://www.burkehospice.org>

Services: Provides care and support for terminally ill patients and their families during the patient's final months of illness and for survivors during the first year of bereavement. Hospice operates a residential hospice facility that provides full-time care to terminally ill patients without adequate caregiver support. Burke Hospice and Palliative Care serves Burke, Catawba, Caldwell, Avery, McDowell, Rutherford, Cleveland and Lincoln counties of Western North Carolina.

◆ **House of Refuge**

107 Normandy Drive
Morganton, NC 28655

Phone: 828-433-8921

E-mail: info@refugeministries.us

Website: www.refugeministries.us

Services: Provides crisis intervention and short-term stabilization for homeless men and those at risk for homelessness in Burke County, includes a one-on-one life coach who helps the homeless individual develop life goals and an action plan. Offers SMART Recovery Program to promote self-empowerment through an addiction recovery support group.

◆ **Humanitarian Foundation Grottoes of North Carolina**

Contact: Stephen White

Email: royceandsteve@ctc.net

Phone: 704-485-2891 (Charlotte)

Website: www.hfgrotto.org

Services: Provides payment for dental care to a child less than 18 years of age, who is afflicted with any of the following disabilities: cerebral palsy, muscular dystrophy, organ transplant, or mentally challenged. Applications are not accepted for children covered by Medicaid. Orthodontics, reconstructive jaw surgeries or implants are not covered. Dental needs must be pre-authorized for payment to the local dentist and/or hospital.

◆ **Job Corps**

Contact: Michael T. Jones, Admissions Office (Charlotte)

Website: www.jobcorps.org

Phone: 704-344-0240

Services: Comprehensive residential education and job training program for at-risk youth, ages 16 to 24.

◆ **Just Girls**

202 Bouchelle Street
Morganton, NC 28655

Phone: 828-437-6268 (Repay office)

Fax: 828-437-6225

Email: repayed@bellsouth.net

Website: http://www.repayinc.org/s_just_girls_program.php

Services: At-risk program for girls ages 11-17 years old, who are considered at risk for future involvement in the criminal justice system, unwanted pregnancy, or dropping out of school. The program provides group therapy, skills development, and opportunities for strengthening positive bonds with school, family, and community through gender specific group and individual therapy. Referrals are accepted from schools, Juvenile Court, parents and other agencies.

◆ **Lawyer Referral Service**

Phone: 1-800-662-7660
Website: <http://www.ncbar.org/public-pro-bono/lawyer-referral-service/for-the-public.aspx>
Services: Sponsored by the North Carolina Bar Association. Offers referral to local attorneys willing to provide a consultation visit for a reduced fee. Call Center is open Monday – Friday, 9:30 a.m. – 4:30 p.m.

◆ **Legal Aid of North Carolina**

211 East Union Street
 Morganton, NC 28655

Phone: 828-437-8280/1-800-849-5195 (toll-free)
Fax: 828-437-9397
Website: <http://www.legalaidnc.org/public/learn/locations/Offices/Morganton/default.aspx>
Services: Provides legal counsel to residents of Alexander, Burke, Caldwell, Catawba, and McDowell Counties. Services include consumer law (related to debts), unemployment compensation, housing (public and private), government benefits, and limited domestic violence cases of battered spouses with children referred from the shelter for battered women. Legal services do NOT include traffic, criminal, and lawsuits for money.

◆ **LifeWorks Counseling Practice**

205 East Union Street
 Morganton (Burke County office)

Phone: 828-433-9190
Email: lifework@bellsouth.net
Website: www.lifeworksnc.com
Services: Provides counseling for individuals, couples and families dealing with depression, anxiety, grief and loss, stress, anger management, relationship issues, medical and health concerns, work and career issues, and conflict resolution. Play therapy services available for children starting at age 2. Psychiatric medication management available for adults. Psychological and achievement testing for children, adolescents and adults. Accepts most insurance plans, including Medicaid, Medicare and NC Health Choice.

◆ **Lions Clubs of Burke County**

Contact: Sandy Freeman, DSS Services for the Blind
Phone: 828-874-1020
Services: Provides eyeglasses to low income residents who are not eligible for the state-funded medical eye care program.

◆ **Make-A-Wish Foundation**

Phone: 1-877-677-9474/828-274-9474 (Western Region Office)
Website: www.ncwish.org
Services: The Make-A-Wish Foundation® of Central & Western North Carolina's mission is to grant the wishes of children with life-threatening illnesses to enrich the human experience with hope, strength, and joy.

◆ **March of Dimes Foundation - Carolina Foothills Division**

1220 Commerce Street, Suite G
Conover, NC 28613

Phone: 828-464-8905 (Conover office)

Fax: 828-464-9835

Website: <http://www.marchofdimes.com>

Services: Serves to educate the public about the treatment and prevention of birth defects and prematurity, and to be abreast of local health needs. Distributes literature to the public concerning teenage pregnancy, environmental hazards to unborn children, STDs, abused women, smoking, diet and nutrition, and the negative effects of drinking.

◆ **McDowell Mission Ministry**

PO Box 297
Marion, NC 28752

Phone: 828-659-6490

Fax: 828-659-3864

Website: <http://www.mcdowellmission.com/>

Services: Provides emergency shelter to homeless adult men and women with children; crisis and transportation ministry; and a clothing center for those who have needs.

◆ **Med Tipster**

Website: www.medtipster.com

Services: A pharmacy search engine for discounted generic drug programs available at pharmacies.

◆ **(The) Meeting Place Mission**

600 Burkemont Avenue
Morganton, NC 28655

Phone: 828-439-3625

E-mail: mpone@lycos.com

Website: <http://www.meetingplacemission.com>

Services: Provides emergency shelter to homeless adult men with referrals to area services. Call before coming to the shelter. Inquiry calls are accepted 9:00 a.m. – 5:00 p.m.

◆ **Military OneSource**

Phone: 800-342-9647 (national)

Website: www.militaryonesource.com

Services: Provides free support service by offering assistance and resources to service members and their families on many different issues. A Military OneSource consultant can refer service members or eligible family members to licensed professional counselors in the local community for six sessions per issue at no cost to the service member or family member. Face-to-face counseling is designed to address short-term issues dealing with relationships, grief and loss, adjustment to deployment, stress management, parenting, or combat stress.

- ◆ **Mimosa Christian Counseling Center**
220 Burkemont Avenue
Morganton, North Carolina 28655

Phone: 828-433-5600
E-mail: mimosachristian@bellsouth.net
Website: www.mimosachristiancounseling.org
Services: Offers counseling from a Christian perspective to adults and youth ages 7 and older experiencing depression, anxiety, grief and loss, chronic pain, self-worth and co-dependency, abuse, trauma, single and couple issues, or life adjustment issues. Accepts Blue Cross Blue Shield insurance, MedCost, and Carolina Access Medicaid; other limited insurance providers are considered. Appointments are required.

- ◆ **Morganton Housing Authority**
644 1st Street
Morganton, NC 28655

Phone: 828-437-9101
Fax: 828-439-8351
Email: mail@morgantonhousing.com
Website: www.morgantonhousing.com
Services: Provides public housing for families with low income. All housing is located within Morganton city limits.

- ◆ **Morganton Regional Resource Center for the Deaf and Hard of Hearing**
517-C West Fleming Drive (NCSD Campus)
Morganton, NC 28655

Phone: **voice** 828-432-5335/1-800-999-8915 **TTY** 828-432-5336/1-800-205-9920
Website: www.ncdhhs.gov/dsdhh/index.htm
Services: Provides direct and indirect services for the deaf, hard of hearing, deaf-blind and deaf with other disabilities living in North Carolina. Offers information and/or assistance, presentations and training sessions. Provides access to telecommunications devices (such as amplified phones, text telephones, alerting devices, and hearing aids) for people with limited household income who have a hearing loss or speech impairment.

- ◆ **Muscular Dystrophy Association**
Carolinas Medical Center
1010 Edgehill Road North
Charlotte, NC 28207

Contact: Lucas Coe (Health Care Service Coordinator)
Phone: 704-567-2912
Email: lcoe@mdausa.org
Website: <http://www.mda.org>
Services: Provides diagnostic testing and follow-up care at designated MDA clinics. Physical therapy, occupational therapy, respiratory evaluations, and genetic counseling are also available. Offers assistance with the purchase of wheelchairs, leg braces, and communication devices. Sponsors a support group in Hickory (call for information) and a weeklong summer camp for ages 6-17.

◆ (The) National Suicide Prevention Lifeline

Phone: 1-800-273-TALK (8255)
Website: <http://www.suicidepreventionlifeline.org/>
Services: Offers a network of crisis centers located in communities across the country that are committed to suicide prevention. Callers to the hotline receive counseling from trained staff at the closest certified crisis center in the network.

◆ Needy Meds

Website: <http://www.needy meds.org>
Services: Provides information about programs that help with the cost of medicine.

◆ New Directions Counseling Services

Hickory Office

201 Government Avenue, SW
 Suite 305
 Hickory, NC 28602
Phone: 828-267-1740
Fax: 828-267-1746

Lenoir Office

315 Wilkesboro Boulevard
 Suite 1-A, Hibriten Center
 Lenoir, NC 28645
Phone: 828-754-6087
Fax: 828-754-1344

Lincolnton Office

1200 N. Flint Street
 Lincolnton, NC 28092
Phone: 704-735-0255
Fax: 704-736-9801

Website: <http://www.newdirectionscs.com>

Services: Offers counseling services to children, adolescents, adults and families. Treatment is tailored to the individual or family's needs. Services can include play therapy for young children, psychological testing, individual, family, marital or group treatment. Treatment for sexual offenders and intensive substance abuse services are not offered. Accepts private insurance, Health Choice, and Medicaid (20 years old or younger).

◆ North Carolina Association of Educators (NCAE)

Phone: 1-800-662-7924

Website: <http://www.ncae.org>

Services: The **North Carolina Foundation for Public School Children** assists needy students during the school year with basic items they need in order to remain in school. Items covered may include shoes, eyeglasses, hearing aids, clothing, field trip fees, SAT application fees, and other items deemed necessary. You do not have to be a NCAE member to access funds. Telephone applications are accepted on Tuesdays and Thursdays.

◆ North Carolina Health Choice for Children

Contact: Applications available from the School Nurse, School Social Worker, Health Department, and DSS
Phone: 1-800-367-2229
Services: Health insurance program for children through age 18. Family income must be at or below 200% of the poverty level. In order to receive this coverage, a child cannot be eligible for Medicaid or covered by private health insurance. The insurance covers: checkups, shots, sick visits, hearing and vision care, lab tests, medicines, dental care, specialists, hospital care, counseling, surgery, and therapies.

◆ North Carolina 2-1-1

Phone: 2-1-1, if using a cell phone please dial 1-888-892-1162

Website: www.nc211.org

Services: Offers information and referral for food, housing, employment, counseling, health care, and volunteer opportunities in the local community. Services are free and confidential and are available 24 hours a day in any language.

◆ **North Carolina National Guard – VETERAN FOCUS**

Phone: 800-621-4136
Website: <http://www.veteransfocus.org>
Services: The mission of the Governor’s Focus on Service members, Veterans, and their families is to promote evidence-based and best practices in the screening, assessment, and treatment of active duty, National Guard, Reservists, veterans who served in the military, and their families. The auto-attendant number is available 24 hours a day, seven days a week, 365 days a year. The System is manned and facilitated by contracted licensed NCNG clinical staff. While the 800 number is not a hot line or answered live, all calls are returned in time sensitive fashion.

◆ **North Carolina Tobacco Use Quitline**

Phone: 1-800-QUIT-NOW; 1-800-784-8669
Website: <http://www.quitlinenc.org/>
Services: Provides confidential, one-on-one support to help a person stay tobacco-free. Coaches are professionally trained and are available 8 a.m. – 3 a.m., 7 days a week.

◆ **Oak Ranch**

1091 Oaktrail Lane
 Sanford, NC 27330

Phone: 919-258-5437
Email: referral@bchfamily.org
Website: www.bchfamily.org/ranch
Services: A residential ranch program for at-risk boys and girls between the ages of 8 to 17, operated through Baptist Children’s Homes. Equine therapy and family involvement are vital components to the program. Children attend Harnett County Public Schools while living at Oak Ranch. Fees for services are based on a sliding scale according to each family’s financial situation. For DSS placements, BCH accepts the standard state per diem for out-of-home placements.

◆ **Oak Ridge Baptist Church**

7449 Oak Ridge Church Road
 Connelly Springs, NC 28612

Phone: 874-0891 (church office)
Email: orbc@oakridgebaptistchurch.net
Website: <http://oakridgebaptistchurch.net>
Services: For families living east of the First Baptist Church of Valdese, the church provides free groceries – one allotment per household – on the 3rd Thursday and the Monday before the 3rd Thursday, 1:30 - 4:00 p.m. Families need to bring picture I.D. with proof of Burke County residency. GED classes are also offered to interested adults on Tuesdays, 6:00 – 8:00 p.m. weekly; Western Piedmont Community College determines eligibility for participation.

◆ **Old Vineyard Adolescent Services**

Old Vineyard Behavioral Health Services
 3637 Old Vineyard Road
 Winston-Salem, NC 27104

Phone: 336-794-3550
Website: <http://www.oldvineyard.net/AboutUs.htm>
Services: Provides intensive, individualized treatment for adolescents ages 12 - 17 by specially trained staff, including psychiatrists, licensed therapists, psychologists and 24-hour nursing. The facility is a Medicaid provider and on most of the major managed care panels. Old Vineyard offers free initial assessments, referral assistance, crisis intervention and admission services 24 hours day / 7 days week.

◆ **Olive Hill Community Economic Development Corporation, Inc.**

420 West Fleming Drive
Morganton, NC 28655

Phone: 828-439-8893

Services: Serves as a housing counseling agency (HUD and nationally certified) to assist working-class families buy their first home. Pre-homeownership education, homeownership counseling, foreclosure prevention, loss mitigation, and credit recovery plans are offered, in addition to business development, economic empowerment, and church and community economic development.

◆ **Operation Purple**

Email: opc@militaryfamily.org

Website: <http://www.militaryfamily.org/our-programs/operation-purple>

Services: Free summer camp sponsored by the National Military Family Association for children of deployed service members. The mission of the Operation Purple program is to empower military children and their families to develop and maintain healthy and connected relationships, in spite of the current military environment.

◆ **Options of Burke County**

P.O. Box 2512
Morganton, NC 28680

Director: Kristy Graf, Executive Director

Email: inc6400@bellsouth.net

Phone: 828-438-9444

Services: Provides a variety of assistance to victims of all violent crimes or threat of crime, including battered spouses, rape, sexual assault, and incest. Offers services for battered women and children, counseling for abused children, court assistance, and community education. Programs for school-aged children in the areas of personal safety, domestic violence, and child abuse are available for presentation in the public schools.

Current Support Groups:

- Battered Women's Support Group – offered the first and third Friday of every month from noon to 1:00 p.m. and free to all participants. Group is open to any woman who self identifies as battered. Childcare is provided.
- Sexual Assault Recovery Group – Call for schedule. Childcare is provided.

◆ **The Outreach Center**

508 East Fleming Drive
Morganton, NC 28655

Phone: 828-439-8300

Fax: 828-437-8573

Website: www.theoutreachcenter.org

Services: Offers free groceries every Tuesday night 6:00 – 8:00 p.m. on a first-come first-serve basis for those with a need; picture ID is required and proof of residence is required at first visit. Offers clothing by appointment; requests are considered for emergency clothing needs. Offers GED classes and Learn2Earn job skills training; call 439-6090 to enroll. Requests for school supplies and new back to school clothing for children are accepted in June and distributed in August. Offers counseling including substance abuse, marriage, family, and sexual offenses counseling; must pay with cash and file insurance on your own.

◆ **Partnership for Prescription Assistance**

Phone: 1-888-4PPA-NOW (1-888-477-2669)
Website: <http://www.pparx.org/>
Services: National program that can help people find patient assistance programs. Qualifying patients who do not have prescription coverage can use the program as their single point of contact to access information about public and private programs that may be right for them.

◆ **Pediatric Therapy Connections**

Phone: 828-320-3980
Contact: Lori Hartley
Website: therapyconnections@embarqmail.com
Services: Therapist owned private practice focused on the evaluation and treatment of speech-language disorders in children ages birth to twelve. Connects their families with community resources. Services include: free Speech-Language Screening, Comprehensive Speech-Language Evaluation, Individualized Treatment Plans, Play-Based Therapy Activities, and Parent / Caregiver Training. Treats a variety of communication disorders including Apraxia, Autism, Articulation Delays, Phonological Disorders, Fluency Disorders, and Receptive-Expressive Language Delays. Accepts Medicaid and Health Choice.

◆ **Phoenix Group Homes (operated through Caring for Children, Inc.)**

Phoenix Homes for Girls
 5560 White Oaks Drive
 Morganton, NC 28655-7948
Phone: 828-584-4571

Services: Offers intensive training to youth in the areas of improving social skills to build appropriate relationships; academic skills to improve school performance; hygiene; maintenance skills for employment; and accepting responsibility for their own actions. Referrals can be made to the Teaching Parents or John Lauterbach at 828-298-0186; fax 828-298-4870.

Phoenix Homes for Boys
 117 William Parks Lane
 Morganton, NC 28655
Phone: 828-584-1589

◆ **Presbyterian Behavioral Health Services**

200 Hawthorne Lane
 Charlotte, NC 28204

Phone: 1-800-786-1585 or 704-384-4255
Website: http://www.presbyterian.org/health_services/childrens_services/behavioral_health/index.html
Services: Provides in-and outpatient treatment for anxiety, depression, attention deficit, hyperactivity, abuse issues and eating and adjustment disorders. Accepts most major insurances, Medicare and Medicaid.

◆ **Prevent Blindness North Carolina**

Phone: 919-755-5044
Website: <http://www.preventblindness.org/nc>
Services: Prevent Blindness America (established in 1908), PBNC delivers direct service programs designed to preserve sight through screening, publications, safety, education, information and referral through volunteer efforts. PBNC's mission is to reach people before blindness strikes. Covers eye exams and eyeglasses for children up to age 18 enrolled in school or day care. The program is not available for Medicaid recipients or children covered by other vision insurance; covers children whose families earn up to 200% of the federal poverty level. The child must be a U.S. citizen or resident alien. Application forms can be obtained from the School Nurse.

◆ **Project Challenge**

200 Avery Avenue, Suite #1
Morganton, NC 28655

Phone: 828-432-5030

Services: A community service-based restitution program that works with court-referred youth.

◆ **Rx Assist Patient Assistance Program Center**

Website: <http://www.rxassist.org>

Services: Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. Rx Assist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need...*all in one place.*

◆ **Rape Crisis Center of Catawba County**

1220 Commerce St SW, Suite J
Conover, NC 28613

Phone: 828-322-6011

Fax: 828-322-1704

Website: <http://rapecrisiscenter.com>

Services: Offers free and confidential support services to victims of sexual assault. Community education programs about child and adult sexual abuse and prevention are also offered. All support services are available 24 hours/day.

◆ **Repay, Inc. Sexual Abuse Intervention Service (SAIS)**

202 Patterson Street
Morganton, NC 28655

Phone: 828-438-6218

Services: A comprehensive program providing treatment and consultation in the management of sexual behavior problems. Services include adolescent sex offense treatment, adult sex offender treatment, specialized evaluations, individual and family treatment for sexually reactive children, and treatment for specialized populations.

◆ **ResCare Home Care**

301 10th Street, NW
Conover, NC 28613

Phone: 828-695-9378

Fax: 828-695-9379

Website: www.ResCare.com

Services: Early Childhood Intervention Services – for families with children 0-3 years of age who have or are at risk for developmental disabilities, delays, atypical development or social health needs. Services include Community Based Rehabilitation Services (CBRS), Individualized development instruction and activities designed to enhance cognitive, physical, behavioral, self-help and language skills. These services are provided by professionals who are certified Infant Toddler Family Specialists or working towards this certification. Services can take place in the home, daycare, or any other community (library, park) setting. Counties that provide the ECI Services include: Burke, Catawba, Caldwell, McDowell, and Alexander.

◆ **ReStart**

1001 Reynolda Road
Winston Salem, NC 27104

Phone: 336-721-7625

Website: <http://www.tchome.org>

Services: The Children's Home, in partnership with CenterPoint LME and the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services, operates ReStart, an 8 bed, co-ed residential substance abuse treatment program in Winston Salem for youth ages 12-17 years. This 126 day (12 week) intensive, life-altering treatment system utilizes a wide-range of proven approaches for working with at-risk adolescents including: experiential adventure-based counseling, the evidence-based Seven Challenges substance abuse treatment model, individualized academic planning, family involvement and empowerment, solution-focused and strength-based philosophy, peer accountability, behavior modification and internalization, and value clarification.

◆ **SafeLink Wireless**

Phone: 1-800-977-3768

Website: <https://www.safelinkwireless.com/EnrollmentPublic/home.aspx>

Services: Government supported program that provides a free cell phone and airtime each month for income-eligible customers.

◆ **Salvation Army**

420 W Fleming Drive, Suite B
Morganton, NC 28655

Phone: 828-430-8392 (Morganton - Wednesdays 10:00 a.m. – 5:00 p.m./Thursdays 9:00 a.m. – noon)
828-322-8061 (Hickory)

Website: <http://www.salvationarmyusa.org>

Services: Serves to meet emergency short-term needs of the individual family whether physical, emotional, or spiritual. Provides financial assistance, counseling, and clothing. Also provides a homeless and transient shelter (Catawba County).

◆ **Smoky Mountain Area Deaf Services**

825 Wilkesboro Blvd.
Lenoir, NC 28645

Phone: 828-759-2160

Fax: 828-759-2161

Website: http://www.smokymountaincenter.com/documents/DeafServices_Brochure.pdf

Services: Provides direct services to deaf, hard of hearing and deaf-blind individuals all 27 western NC counties. Direct services include diagnostic assessment, individual/group/family therapy, and consultation/technical assistance.

◆ **Social Security Administration**

231 1st Avenue SW
Hickory, NC 28601

Phone: 828-328-3609/1-800-772-1213; TTY 1-800-735-8262

Website: www.ssa.gov

Services: Assists individuals applying for retirement, survivors' (dependents of a deceased individual), Social Security Disability, and Supplemental Security Income (SSI) benefits.

◆ **Special Teens c/o Catawba County Parenting Network**

Sponsor: Catawba County Parenting Network
Website: <http://www.catawbaparenting.com>
Phone: 828-465-8151 or 828-465-9295
Services: Group for teens and young adults with special needs meeting monthly to learn about opportunities for education, careers, recreation, and other services in the community.

◆ **Sylvan Learning Center**

347 Sanford Drive
 Morganton, NC 28655

Phone: 828-439-9922
Website: <http://tutoring.sylvanlearning.com/centers/28655/index.cfm>
Services: Offers instruction by state-certified teachers. Administers a Diagnostic Test Battery to identify the student's strengths, weaknesses and skills that may have been missed. An individual plan is written for the student based on the results of the Diagnostic Test Battery. Works with the student to achieve the greatest possible academic growth.

◆ **Tarheel ChalleNGe Academy Youth Program**

600 North Main Street
 Salemburg, NC 28385

Phone: 1-800-573-9966/910-525-5520
Website: <http://www.ngycp.org/state/nc/aboutus.php>
Services: A 22-week, military-oriented resident program for high school dropouts. Residence is followed by an intensive yearlong placement and mentoring phase. Applicants must be 16-18 years old, U.S. citizen/legal resident and North Carolina resident, unemployed/underemployed, drug-free, no pending criminal record, and physically and mentally capable. The mission of the Tarheel ChalleNGe is to improve the life-coping skills and employment potential of high-school dropouts or expellees so that they may become productive members of their communities and society in general.

◆ **TEACCH (Treatment and Education of Autistic and Communication-related Handicapped Children)**

46 Haywood Street; Suite 401
 Asheville, NC 28801

Phone: 828-251-6319
Fax: 828-251-6358
Website: www.teacch.com
Services: Serves individuals with autism in the western region of North Carolina. Services include diagnostic evaluations, treatment planning and implementation, education, consultation, supported employment assistance, training opportunities and research.

◆ **Three Springs of North Carolina**

Pittsboro, NC 27228

Phone: 1-888-758-4356
Website: <http://www.sequeltsi.com>
Services: Focuses on psychiatric care in an outdoor setting with a state-licensed private school and helps to build strong family unity as well as personal self-esteem.

- ◆ **Timber Ridge Treatment Center, Inc.**
14225 Stokes Ferry Road; PO Box 259
Gold Hill, NC 28071

Phone: 704-279-1199
Website: <http://www.trtc.net/info.html>
Services: Level III treatment program located in a rural woodland setting between Greensboro and Charlotte, designed to serve boys between the ages of 12 and 17, having a range of behavioral and emotional problems that preclude them from living at home. In addition to vigorous outdoor activities, a certified teacher guides the learning of English, mathematics, science and social studies. Core academic subjects are taught in classrooms and elective experiential credits are earned in outdoor activities. Will consider youth on medications and boys with sexual abuse issues.

- ◆ **The Tyndall Center for Early Childhood**
Sipe's Orchard Home
4431 County Home Road
Conover, NC 28613

Phone: 828-256-5056
Services: Serves children ages 3-5 years old who are experiencing severe emotional and behavioral problems and have been assessed as appropriate for placement in a day treatment classroom. Parental involvement is a requirement for a child's enrollment. Payment options include Medicaid, North Carolina Health Choice, and private pay. Occasionally, scholarship money is available for families needing assistance. Afterschool is available for an additional charge.

- ◆ **Together Rx Access**

Phone: 800-444-44106
Website: www.togetherrxaccess.com
Services: With Together Rx Access, individuals and families without prescription drug coverage can gain access to immediate savings on hundreds of brand-name and generic prescription products right at their neighborhood pharmacies. Together Rx Access also connects individuals with resources about access to coverage options and more.

- ◆ **Universal Mental Health/Developmental Disabilities/Substance Abuse Services**
One Northsquare
301 East Meeting Street, Suite 3
Morganton, NC 28655

Phone: 828-438-0006
Services: Offers mental health, developmental disabilities and substance abuse services to children, families and adults. Medicaid and private pay referrals are accepted.

- ◆ **Valdese Housing Authority**
1402 Lydia Avenue
Valdese, NC 28690

Phone: 828-874-0098
Services: Provides public housing for families with low income.

◆ **Vision USA**

Phone: 1-800-766-4466

Website: <http://www.aoa.org/x5607.xml>

Services: Provides basic eye health and vision care services, without charge, to individuals who have no other means of obtaining care. Individual must be working or be part of a household with one member working at least part time; have no insurance; have an income below an established level based on household size; and has not had an eye examination in the past 24 months.

◆ **Waldensian Presbyterian Church**

109 Main Street East
Valdese, NC 28690

Phone: 828-874-2531/828-879-9010 (Staff Offices)

Services: Food pantry to assist needy Burke County residents (living between Drexel and Connelly Springs.)

◆ **Western Piedmont Council of Governments (WPCOG) Section 8 Rental Assistance Program**

736 4th St SW
Hickory, NC 28602

Contact: Lisa Fike

Phone: 828-322-9191

Website: <http://www.wpcog.org/index.asp>

Services: Assists very low-income families and the disabled to receive a “Housing Choice Voucher” (formally called Section 8 Housing) that pays a significant portion of rent for participating landlords. Participants are able to search for their own housing, including single-family homes, manufactured homes, townhouses, and apartments. Eligibility for a housing voucher is based on the annual gross income and family size and is limited to US citizens and special categories of non-citizens who have eligible immigration status.

◆ **Workforce Investment Act (WIA) Youth Services Program**

Contact: Jason D. Adams; WIA Coordinator/Facilitator

Phone: 828-879-4274

Email: jadams@burke.k12.nc.us

Services: The Workforce Investment Act (WIA) Youth Services Program seeks to assist eligible youth in achieving academic and employment success through effective and comprehensive activities. The program emphasizes the long-term development of youth by expanding upon successful youth development components.

◆ **Work and Ride Program**

Contact: Dale Barrier

Phone: 828-433-8075 (Burke United Christian Ministries)

Services: Connects donated, road worthy vehicles with low-income families who need reliable transportation to maintain employment. To receive a vehicle, an applicant must be a U.S. citizen or eligible alien, be a Burke County resident, be employed, have a valid North Carolina driver’s license, be unable to purchase a vehicle, and have a relative child 17 years old or younger in the home. The family must be at or below 200% of poverty level.

◆ **Youth Focus, Inc. – Adolescent Substance Abuse Program**

301 East Washington Street
Greensboro, NC 27401

Phone: 336-333-6853

Website: <http://www.youthfocus.org/>

Services: Program designed for adolescents between the ages of 10 and 17 with a primary diagnosis of substance abuse. Is set up as a 90-day program; however, if a client relapses while in the program, the program length is extended a minimum of a 3-week period. Families must commit to coming to the program and participating in the County School System where the youth receives self-contained educational instruction. No services are refused based on ability to pay. The program accepts Medicaid, North Carolina Health Choice, offers a sliding fee scale, and can waive the fees for indigent families.

◆ **Youth Villages**

101 Government Ave.
Hickory, NC 28602

Phone: 828-315-7700, dial 0 for the office manager, she will direct you to speak with the appropriate individual, depending on your need.

Website: <http://www.youthvillages.org>

Services: Multi-Systemic Therapy is designed to work with adolescents between the ages of 12 and 17 that display serious anti-social behaviors and are at risk of out-of-home placement due to their behaviors. MST is built on the principle and evidence that a seriously troubled child's behavioral problems are multidimensional and must be confronted using multiple strategies. The counselor typically works with the child and family over a three-to-five-month period meeting with the family approximately three times per week as determined by the need.

Food Pantry/ Soup Kitchen	Address	City	Phone No.
Abernethy Memorial United Methodist Church	960 Malcolm Blvd.	Rutherford College	828-879-8894
Bridge 42 Church	107 Calvin Heights St.	Morganton	828-584-2876
Burke United Christian Ministries see page 6	305B W. Union St.	Morganton	828-433-8075
Celebration Family Worship Center	3058 Morganton Furniture Rd.	Valdese	828-438-8665
Crosslink Church	400 Malcolm Blvd.	Rutherford College	828-874-0428
Denton's Chapel United Methodist Church	5358 Denton's Chapel Road	Morganton	828-433-7985
East Burke Christian Ministries see page 11	202 S. Center St.	Hildebran	828-397-7074
First Baptist Church of Drexel	200 S. Main Street	Drexel	828-437-3351
First Baptist Church of Hildebran	8831 Old Highway 10	Hildebran	828-397-3641
First United Methodist Church see page 13	217 St. Germaine Ave. SE	Valdese	828-874-0006
Glen Alpine First Baptist Church	205 Church Street	Glen Alpine	828-438-1650, 584-6470
High Peak Baptist Church	3073 High Peak Road	Valdese	828-874-0164
Missionary Ridge Baptist Church	5612 John Watts Road	Morganton	828-437-2450
Oak Ridge Baptist Church see page 22	7449 Oak Ridge Church Road	Connelly Springs	828-874-0891
The Outreach Center see page 23	510 E. Fleming Drive	Morganton	828-439-8300
Shady Grove Baptist Church	5483 Sugar Loaf Road	Morganton	828-874-0660, 244-8860

Burke United Christian Ministries' contact person for Mobile Food Pantry program is Rosemary Ohnesorge – 828-433-8075

Mental Health Outpatient Providers

Provider	Contact Number	Address
A Caring Alternative	828-430-4388	203 E. Union St. Morganton, NC
Above the Barn Counseling Services	828-430-0303	4645 Patton Ave. Morganton, NC
Amy Sills Jones	828-443-0289	303 S. Green St. Ste. 101 Morganton, NC
Angela Didway (Intentional Intervention)	828-413-5421	200 Oakland Ave. Morganton, NC
Appalachian Counseling and Education	828-757-8643	2780 Morganton Blvd. Lenoir, NC
Archway Counseling	828-874-5511	1131 Malcolm Blvd. Rutherford College, NC
Benfield and Podger	828-304-9096	1985 Tate Blvd. SE Ste. 152 Hickory, NC
Bright Beacon Behavioral Solutions, PLLC	828-437-2778	104 Oakland Ave. Morganton, NC
Burke Council on Alcoholism	828-433-1221	203 White St. Morganton, NC
Catawba Valley Behavioral Healthcare	828-695-5900	327 1 st Ave. NW Hickory, NC 28601
Catawba Valley Behavioral Healthcare	828-438-6226	350 E. Parker Rd. Ste. 100 Morganton, NC
CNC/Access dba/Rescare Home Care	828-433-8181	617 S. Green St. Ste. 201 Morganton, NC
Community Counseling Services	828-381-5920	1550 Tanglewood Dr. Hickory, NC
Cornerstone Counseling	828-322-4941	263 3 rd Ave. NW Hickory, NC 28601
Crossroads Counseling Services	828-327-6633	858 2 nd St. NE Ste. 101 Hickory, NC
Family NET of Catawba County	828-695-6500	3050 11 th Ave. Dr. SE Hickory, NC
FOCUS Behavioral Health Services, LLC	828-439-8191	207 Queen St. Morganton, NC
Freedom Counseling	828-324-2869	901 US Hwy. 321 NW Ste. 134 Hickory, NC
Frye Regional Medical Center-Oakwood Place	828-327-4156	2850 Tate Blvd. SE Hickory, NC
Full Circle Therapy-Ellen Logan	828-328-6854	321 7 th St. NE Ste. A Hickory, NC
Kids First Counseling	828-443-0896	1306 Bowman Ave. Morganton, NC
Kids, Teens and Family Psychological Services	828-443-1098	3624 High Peak Mtn. Rd. Valdese, NC
Life Grows On	828-322-7116	2247 S. Center St. Hickory, NC
Lifeworks Professional Corporation	828-433-9190	205 E. Union St. Morganton, NC
Miles, Georgia	828-850-4921	304 Anne St. Morganton, NC
New Directions Counseling Services, PLLC	828-267-1740	201 Government Ave. SW Hickory, NC
One Love Developmental Services, Inc.	828-403-7088	110 S. Sterling St. Morganton, NC
Quality Family Services, Inc.	828-754-6998	206 Patterson St. Morganton, NC
Repay, Inc.	828-437-6268	202 Patterson St. Morganton, NC
Still Waters Counseling, Inc.	828-612-8064	298 Praley St. NW Valdese, NC
The Cognitive Connection	828-327-6026	1109 2 nd Ave. SW Hickory, NC
TLC Counseling	828-433-4411	401-B S. Green St. Morganton, NC
Unifour Sexual Abuse Intervention Services	828-310-9100	1064 Lenoir Rhyne Blvd. SE Hickory, NC
Universal Mental Health	828-759-2228	839 Wilkesboro Rd. Lenoir, NC
Welser, Richard	828-437-2004	401 B S. Green St. Morganton, NC

*Information can be found at

<http://www.mentalhealthpartners.org/PProvidersList.asp>

I/DD Targeted Case Management Referral Listing

Provider	Contact Number	Address
A Caring Alternative	828-437-300	617 S. Green St. Ste. 300 Morganton, NC
CNC/Access dba/Rescare Home Care	828-353-0589	301 10 th St. NW Ste. B-106 Conover, NC
DirectCare Community Based Services	828-305-4330	132 W. Main St. Forest City, NC
Dream Connections	828-437-7222	116 S. Sterling St. Ste. 108 Morganton, NC
Foothills Industries	828-652-4088	300 Rockwell Dr. Marion, NC
Home Care Management Corp.	828-754-3665	315 Wilkesboro Blvd. NE Ste. 2-A Lenoir, NC
Inspirations for Aspirations, LLC	704-664-5363	470 N. Broad St. Ste. D Mooresville, NC
Mid-State Health Systems	910-484-3717	3721 Legion Rd. Hope Mills, NC
The Arc of NC	704-883-8084	3305 16 th Ave. Ste. 113 Box 11 Conover, NC
True Behavioral Healthcare, Inc.	704-884-2554	1430 Old Lenoir Rd. Unit C Hickory, NC
Universal Mental Health	828-438-0006	301 E. Meeting St. Ste. 3 Morganton, NC
Universal Mental Health	828-759-2228	246 S. Main St. Ste. B Marion, NC

*Information can be found at
<http://www.mentalhealthpartners.org/PProvidersList.asp>

BCPS School-Based Mental Health Therapy Program - Provider List by Practice 2010-2011

PROVIDER/AGENCY	THERAPIST	SCHOOL SERVED
Above the Barn Counseling 4645 Patton Rd., Morganton, 28655 (828) 430-0303	Sharon Wright, LPC Sharonwright.abc4645@yahoo.com	Mull Elementary 437-5785 Oak Hill Elementary 433-1533
Arrowood Counseling & Consulting 404-C W. Fleming Dr., Morganton, NC 28655 (828) 437-7009 or (828) 443-2646	Susan Arrowood, LPC Susann714@hotmail.com	Table Rock Middle School 437-5212
Crossroads Counseling Center Jim Wachsmuth, PhD., LPC Practice Manager/Therapist jim@crossroadscounseling.org 858 2 nd Street NE, Suite 101 Hickory, NC 28602 (828) 327-6633 (828) 327-3385 (fax)	Stephanie English, LPC stephanie@crossroadscounseling.org Fran Paradine, LCSW Franp@crossroadscounseling.org Mary Katalinic (Agency Intern – Lenoir Rhyne University) <i>Supervisor: Fran Ballenge, LPC</i> 910-297-9893 (cell) katalinicm@my.lr.edu Travis Glass, MS, LPC, CRC, CBIS travis@crossroadscounseling.org	George Hildebran Elem 879-9595 East Burke Middle School 397-7446 George Hildebran Elem 879-9595 Draughn High School 879-4200 Hildebran Elementary 397-3181 Icard Elementary 397-3491 Draughn High School 879-4200 North Liberty 437-9656
Ellen Logan, LPC 2135 49 th Ave. PL., N.E. Hickory, NC 28601 (828) 962-1826	Ellen Logan, LPC Ellenlogan24@yahoo.com	East Burke High School 397-5541 Hallyburton Academy 437-4184
FOCUS Behavioral Health Services Hand Up Homes for Youth, Inc. Pam Douglas, RN, QP Program Director pdouglas@huhfy.com 207 Queen Street Morganton, NC 28655-3341 828-439-8191 828-439-2622 (fax)	Christy Clontz, LCAS, LPCA 828-850-5548 cell cclontz@huhfy.com Tamara Hodges, LPC 828-439-8191 thodges@huhfy.com Don Killian, MS, LPC 828-439-8191 dkillian@huhfy.com	Walter Johnson Middle 430-7340 Freedom High School 433-1310 Glen Alpine Elementary Drexel Elementary 437-3160 Walter Johnson Middle 430-734 Burke Middle College 448-3175 Freedom High School 433-1310
Georgia Miles 841 6 th Avenue N.W. Hickory, NC 28601 (828) 320-4993	Georgia Miles, LPC georgiamiles44@charter.net	Forest Hill Elementary 437-5906 Rutherford College Elementary 8879-8870
Intentional Intervention 1329 Salem Road Morganton, NC 28655 864-612-0409	Angela Didway, LPC adidway@burke.k12.nc.us	Salem Elementary 437-5901
Kids, Teens & Family Psychological Services Licensed Practicing Psychologist P.O. Box 2024, Morganton, NC 28680 (828) 432-3743	Kathy Learner, Ph.D. kmlerner@yahoo.com	Liberty Middle School 437-1330 Patton High School 433-3000
Michelle Ellwanger, LPC 1857 Mennonite Church Road Hickory, NC 28602 (704) 462-4200	Michelle Ellwanger, LPC Michelleellwanger@gmail.com	Mountain Crest Elementary 437-4258
Mimosa Christian Counseling Center Jane Rawson, Ph.D. mimosachristian@bellsouth.net 220 Burkemont Ave. Morganton, NC 28655 (828) 433-5600 (828) 433-5656 (fax)	Deborah Fleming, LPA (828) 443-3270 (cell) DebFlemingMimosa@aol.com Diane Guelzow, LPC, NCC, REACE 828-261-6520 (cell) dianeguelzow@gmail.com	Heritage Middle School 874-0731 Chesterfield Elementary 437-3026 W.A. Young Elementary 584-1463
Still Waters Counseling P.O. Box 6337 Hickory, NC 28603 828-612-8064	Beth Brannon, LPC stillwaterscounseling@embarqmail.com	Oak Hill Elementary 433-1533 Valdese Elementary 874-0704 Ray Childers Elementary 324-1340

BCPS

School-Based Mental Health Program (*Providers by School*) and Support Systems/ 2011-12

ELEMENTARY	PRINCIPAL	SCHOOL COUNSELOR	SCHOOL-BASED MENTAL HEALTH THERAPY PROVIDER
1. Chesterfield	Brad Arrowood	Joyce Flowers	Diane Guelzow, LPC- Mimosa Counseling Ctr.
2. Drexel	Shane Mace	Connie Thompson	Tamara Hodges, LPC- FOCUS Behavioral Health
3. Forest Hill	Jan Crump	Tammy Isaac	Georgia Miles, LPC
4. George Hildebrand	Terry Penland	Amanda Houser	Stephanie English, LPC- Crossroads Counseling Fran Paradine, LCSW- Crossroads Counseling
5. Glen Alpine	Leicha San Miguel	CJ Shuffler	Tamara Hodges, LPC- FOCUS Behavioral Health
6. Hildebran	Bob Acord	Linda Bradshaw	Mary Katalinic, Intern- Crossroads Counseling
7. Icard	Daniel Wall	Lillian Modak	Travis Glass, LPC- Crossroads Counseling
8. Mountain Crest	Kathy Amos	Bethany Phelps	Michelle Ellwanger, LPC
9. Mull	Lisa Dale	Joyce Flowers	Sharon Wright, LPC- Above the Barn Counseling
10. Oak Hill	Jill King	Lisa McRacken	Beth Brannon, LPC, Still Waters Counseling Sharon Wright, LPC, Above the Barn Counseling
11. Ray Childers	Becky Roach	Jill Lowman	Beth Brannon, LPC- Still Waters Counseling
12. Rutherford College	Ross Rumbaugh	Lillian Modak	Georgia Miles, LPC
13. Salem	Sharon Colaw	Jamie Reinhardt	Angela Didway, LPC- Intentional Intervention
14. Valdese	Phil Smith	Caryl Herrick	Beth Brannon, LPC- Still Waters Counseling
15. W A Young	Lisa Fortenberry	Amber Lackey	Diane Guelzow, LPC- Mimosa Counseling Ctr.
Middle			
16. East Burke	Randy Sain	Dave Zeiger Lori Suddreth	Stephanie English, LPC- Crossroads Counseling
17. Heritage	Mike Swan	Christie Powell Kathryn Nicholson	Deborah Fleming, LPA- Mimosa Counseling Ctr.
18. Liberty	Mike Holden	Paula Kennedy Kathryn Nicholson	Dr. Kathy Learner, LPC- Kids, Teens & Family Psychological Services
19. Table Rock	Wendi Barber	Heather Cramer Carrie Wilson	Susan Arrowood, LPC- Arrowood Counseling & Consulting
20. Walter Johnson	Darren Foddrell	Lisa Amrhein Carrie Wilson	Christy Clontz, LPCA- FOCUS Behavioral Health Don Killian, MS, LPC- FOCUS Behavioral Health
HIGH			
21. Burke Middle College	Tim Davis	Suzanne Crawford	Don Killian, MS, LPC – FOCUS Behavioral Health
22. Freedom	Ken Prichard	Lennetta Williams Alison Snipes Mike Helms	Christy Clontz, LPCA- FOCUS Behavioral Health Don Killian, MS, LPC – FOCUS Behavioral Health
23. Patton	Debbie Kendall	Jennifer Debnam Traci Rigsbee Joy Cooper	Dr. Kathy Learner- Kids, Teens, & Family Psychological Services
24. EBHS	Debbie Jennings	Lin Gentry Amanda Peck Sam Wall	Ellen Logan, LPC- Carolinas Counseling
25. Draughn	Emily Garrison	Anita Bradshaw Kent Loomis	Fran Paradine, LCSW- Crossroads Counseling Travis Glass, LPC – Crossroads Counseling
Special Needs			
26. North Liberty	Beth Young	NA	Travis Glass, LPC – Crossroads Counseling
Alternative			
27. Hallyburton	Teresa DeHart	Merry Leigh Dameron Julie Barlow	Ellen Logan, LPC- Carolinas Counseling

Websites Narrative

<http://www.autismsociety-nc.org/> or phone 1-800-442-2762

Autism Society of North Carolina

http://www.co.burke.nc.us/index.asp?Type=B_BASIC&SEC={630D4EA5-9424-4E59-BF96-C85939BE56D1}&DE={DE2C4D70-342E-41D1-BC43-378F4D72F3BD}

Burke County Health Department – Community Resources

www.burkesubstanceabusenetwork.wordpress.com

Burke County substance abuse information and referral sheet

www.callmemister.clemson.edu

Applications for 4 years of college free for African American males

www.disabilityrightsonc.org or phone 1-877-235-4210 or 1-919-856-2195

Carolina Legal Assistance

www.asthmacamps.org

Lists available camps in North Carolina for children with asthma

<http://www.co.burke.nc.us/vertical/Sites/{DF44FA7A-21E3-466A-A30D-00122906F160}/uploads/{051E1CEE-8D52-4E2F-B2A6-BADB522323D0}.DOC>

Directory of Services for Children with Special Needs (Burke County)

<http://fape.org/idea/>

The Families and Advocate Partnership for Education (FAPE) is a project funded by the U.S. Department of Education to provide parents, administrators, service providers, and policy makers with information about the implementation of IDEA '97.

http://www.mchlibrary.info/KnowledgePaths/kp_community.html

Community Services Locator - An Online Directory for Finding Community Services for Children and Families

<http://www.mentalhealthpartners.org/PProvidersList.asp>

Listing of all area mental health providers

www.dhhs.state.nc.us/mhddsas or phone 1-919-733-7011

North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services

www.mentalhealth.samhsa.gov/

Provides useful fact sheets and publications for parents, teachers, emergency and disaster response workers

<http://www.nchealthcarehelp.org/>

Connects North Carolinians who have no insurance coverage with free and reduced cost healthcare services

<http://www.nchealthinfo.org/resources.cfm?info=53,0,102,0,0>

Support Groups -- Web Sites with Statewide Services

<http://www.nchousingsearch.org/>

A free service for finding and listing affordable housing

<http://www.ncreach.org/index.php>

Education assistance for adoptees and foster youth

www.naminc.org or phone 1-800-451-9682

Helpline for information on mental illnesses and referrals to local self-help groups

<http://www.nasponline.org/resources>

Offers resources, many available in English and Spanish, designed specifically for educators and parents

Websites Narrative.....cont'd.

www.NCcareLINK.gov

Information and referral service for access to a statewide directory of health and human services assistance
For assistance or more information, call 1-800-662-7030 (English/Spanish), TTY 1-877-452-2514

<http://randp.doc.state.nc.us/scripts/htmSQL.exe/docs/hsq/CM/CountyResourceGuide-RptIndex.hsql>

The NCDOC County Resource Guide was developed by the NC Department of Correction's Office of Research and Planning/Office of Transition Services to provide released offenders, Probation/Parole Officers, Division of Prisons Case Managers and Social Workers and others with a searchable database of community resources in each of North Carolina's 100 counties.

<http://www.needymeds.org>

Provides information about programs that help with the cost of medicine.

<http://www.operationmilitarykids.org/public/home.aspx>

U.S. Army's collaborative effort with America's communities to support the children and youth impacted by deployment

www.sprc.org

Supports suicide prevention with the best of science, skills, and practice

www.familywatchdog.us/

National Sex Offender registry

<http://www.nichcy.org/Pages/StateSpecificInfo.aspx?State=NC>

National Dissemination Center for Children with Disabilities

<http://www.ed.gov/about/offices/list/ocr/faqs.html>

The U.S. Department of Education - Office of Civil Rights provides answers to questions most frequently asked about disability discrimination.

Burke County Interagency Council for Children

“A Team Approach to Serving Our Youth”

Burke County Interagency Council for Children is a team of professionals representing fields of expertise providing services to the youth of Burke County. The goal of the Burke County Interagency Council is to explore and find solutions that best fit the needs of youth referred to the Council. Burke County Interagency Council is a multidisciplinary team established to maintain a team approach to finding solutions.

The following agencies are represented:

- A Caring Alternative
- AccessCare of Burke County
- Barium Springs Home for Children – Home Remedies
- Burke Council on Alcoholism & Chemical Dependency
- Burke Co Department of Social Services
- Burke Co Health Department
- Burke Co Schools – School Health Nursing Program
- Burke Co Schools – Safe Schools Healthy Students
- Burke Co. Schools – FUTuRES Program
- Burke Co Schools – Office for Exceptional Children and Homeless Education
- Burke Co Schools – School Social Work Services
- Burke Co Sheriff's Office
- CARING for Children, Inc. – Phoenix Group Homes
- Clay, Wilson & Associates – The Cognitive Connection
- Dept of Juvenile Justice Delinquency Prevention
- District Court Judges' Office
- Guardian ad Litem
- Hand in Hand Day Treatment / FOCUS Behavioral Health Services, LLC
- HomeCare Management
- Mental Health Partners
- Options
- Repay, Inc.
- Youth Villages.

2011-2012 Meeting Schedule

Date	Chairperson	Minutes recorder
9-20-11	Laura Balentine, Phoenix Home for Girls	Mae Mills, WIA
11-15-11	Lisa Cook, School Social Worker	Adolph Gordon, A Caring Alternative
1-17-12	Laura Balentine, Phoenix Home for Girls	Lisa Keller, School Nurse Program
3-20-12	Lisa Robinson, DJJDP	Laura Balentine, Phoenix Girls
5-15-12	Laura Balentine, Phoenix Home for Girls	Adolph Gordon, A Caring Alternative

All meetings begin @8:00am in the Table Rock Conference Room in Grace Hospital, Morganton. To make a referral, contact ICC Coordinator Lisa Cook - Burke County Public Schools Social Worker - phone 828-430-3686.

School Social Work Services

Burke County Public Schools • Safe Schools Healthy Students
Morganton, NC 28655

The School Social Worker helps by offering casework with students having behavioral, attendance, health or economic problems. She serves as a liaison between school, home, and community and can coordinate referrals to other resources within the school system or in the community.

The School Social Worker supports families and parents to:

- Participate in parent conferences and school visits
- Develop realistic, age-appropriate expectations and ways of caring for their children
- Identify and meet their children's social and emotional needs
- Access programs available to students with special needs

The School Social Worker helps educators to:

- Understand better how factors outside of school affect a student's performance
- Coordinate service(s) for individual families
- Identify and report child abuse and neglect
- Obtain community resources to meet students' needs
- Mobilize school and community resources to optimize a student's potential to learn.

Lisa H. Cook, MSW (Draughn High feeder pattern / Hallyburton Academy)

School Social Worker

Fax: 828/874-1571

Cell: 828/413-2417

Office: 828/430-3686

E-mail: lcook@burke.k12.nc.us

Dia McCarrick (Patton High feeder pattern / Burke Middle College)

School Social Worker

Fax: 828/433-3001

Cell: 828/502-9082

Office: 828/433-3112

E-mail: dmccarrick@burke.k12.nc.us

Cari Bridges (East Burke High feeder pattern)

School Social Worker

Fax: 828/879-1184

Cell: 828/502-0165

Office: 828/879-9595

E-mail: cbridges@burke.k12.nc.us

Gladys Smith (Freedom High feeder pattern)

School Social Worker

Fax: 828/432-0220

Cell: 828/502-0060

E-mail: gsmith@burke.k12.nc.us

